

**PAUL KALANITHI'S OPTIMISM DEALING WITH ILLNESS IN PAUL
KALANITHI'S *WHEN BREATH BECOMES AIR* MEMOIR (2016): AN
INDIVIDUAL PSYCHOLOGICAL APPROACH**



RESEARCH PROPOSAL

Submitted in a partial fulfillment of the requirement
for the degree of *Sarjana* (Bachelor of Arts) in English Education
at the Department of English Education

By

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SCHOOL OF TEACHER TRAINING AND EDUCATION
MUHAMMADIYAH UNIVERSITY OF SURAKARTA

June/2020

APPROVAL

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AN INDIVIDUAL PSYCHOLOGICAL APPROACH**

RESEARCH PAPER

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PAUL KALANITHI'S OPTIMISM DEALING WITH ILLNESS IN PAUL
KALANITHI'S *WHEN BREATH BECOMES AIR* MEMOIR (2016): AN
INDIVIDUAL PSYCHOLOGICAL APPROACH

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TESTIMONY

I herewith declare that the publication manuscript is my original work. The manuscript has not been published and is not being submitted or considered for publication in any journal. The text, illustrations, or any other materials included in the manuscript contains no plagiarism nor violation of any rights of third parties.

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Surakarta, 2 July 2020

Researcher



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MOTTO

Succeed yourself and don't be trapped in someone else's dream.

DEDICATION

This research paper is dedicated to:

1. My beloved mother and father
2. My beloved brother and sister
3. My beloved friends:
 - Helena
 - Armina Hikmawati
 - Rendiana Eka Putra Kusnadi
 - Tika Arum Permata Sari
 - Defi Maulina
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Surakarta, June 2020

The Researcher,

Afada Qonita Masykuroh

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PAUL KALANITHI'S OPTIMISM DEALING WITH ILLNESS IN PAUL KALANITHI'S *WHEN BREATH BECOMES AIR* MEMOIR (2016): AN INDIVIDUAL PSYCHOLOGICAL APPROACH

Abstract

This research focuses on Paul Kalanithi's optimism in dealing with illness in Paul Kalanithi's *When Breath Becomes Air* (2016) memoir. Individual psychological theory and literary sociology are used to analyze this memoir. This research used descriptive qualitative analysis techniques. This study aims to analyze the optimism indicators contained in the memoir, how the optimism indicators are described in the memoir, and what are the reasons the authors express optimism to the readers in the memoir. Primary data and secondary data sources are used by the researcher as the data source of the research. The primary data used in this study is *When Breath Becomes Air* memoir. Secondary data used are books, journals, articles, and websites related to one's optimism. This study has three results of research on a memoir that has been analyzed. First, the researcher found four indicators of optimism in the memoir that is self-motivation, being surrounded by people who behave positively, have gratitude and have a sense of happiness and joy. Second, optimism in the memoir is illustrated through nine indicators consisting of two perspectives, three attitudes, and four actions of the author. Third, the reason the author conveys optimism in his memoir is to provide motivation to the reader in struggling terminal illness and contribute to the author's coping problem behavior.

Keywords: optimism, Paul Kalanithi, *When Breath Becomes Air*

Abstrak

Penelitian ini fokus pada optimisme Paul Kalanithi dalam menghadapi sakit dalam memoar *When Breath Becomes Air* (2016) karya Paul Kalanithi. Teori psikologi individual dan sosiologi sastra digunakan untuk menganalisis memoar ini. Penelitian ini menggunakan teknik analisis deskriptif kualitatif. Penelitian ini ditujukan untuk menganalisis indikator optimisme yang terdapat dalam memoar, bagaimana indikator optimisme tersebut digambarkan dalam memoar, dan apa alasan pengarang menyampaikan optimisme kepada pembaca dalam memoar. Data primer dan data sekunder digunakan oleh peneliti sebagai sumber data dalam penelitian. Data primer yang digunakan dalam penelitian ini adalah memoar *When Breath Becomes Air*. Data sekunder yang digunakan adalah buku, jurnal, artikel, serta website yang terkait dengan optimisme seseorang. Penelitian ini memiliki tiga hasil penelitian terhadap memoar yang telah dianalisis. Pertama, ditemukan empat indikator optimisme dalam memoar yaitu motivasi diri, dikelilingi oleh orang-orang yang berperilaku positif, memiliki rasa syukur, dan memiliki rasa bahagia dan gembira. Kedua, optimisme dalam memoar digambarkan melalui sembilan indikator terdiri dari dua sudut pandang, tiga sikap, dan

empat perbuatan pengarang. Ketiga, alasan pengarang menyampaikan optimisme dalam memoar adalah untuk memberikan motivasi kepada pembaca dalam menghadapi penyakit parah dan berkontribusi sebagai perilaku pengarang dalam mengatasi masalah.

Kata kunci: optimism, Paul Kalanithi, When Breath Becomes Air